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**Module: Psychology in Health and
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Module Code: LCHS4006_LON

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Submission Date: 5 May 2023

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Introduction

In this report I discuss about the psychological life span theory that I used in my group presentation which is Eric Erikson's psychosocial. Then I describe Humanistic Approach and explain how it has affected my life. Finally I provide a discussion of how the psychological perspectives that I learnt in this module can help me in my current and future career.

Definition of Developmental Psychology

Developmental psychology is a field of psychology that studies human growth and development across the lifespan. It focuses on changes in behavior, cognition, emotion, and social relationships that occur as people age from infancy to old age. Developmental psychologists investigate how biology, environment, and culture influence development, and they seek to understand the underlying mechanisms of

development. They also examine how individuals differ in their development, and how experiences can impact development, including the effects of trauma and adversity. Developmental psychology has broad applications in education, clinical practice, public policy, and other domains.

Reflection on Eric Erikson's psychosocial Theory

Psychosocial stages of development, formulated by Erik Erikson, are one of the most widely studied and applied theories in developmental psychology. This theory posits that individuals progress through a series of eight stages throughout their lives, with each stage posing a specific psychosocial conflict. The resolution of these conflicts leads to healthy or unhealthy outcomes and shapes an individual's personality and future development.

Stage 1: Trust vs. Mistrust (Birth to 1 year)

This stage focuses on whether a child learns to trust or mistrust their caregivers. When caregivers are consistent and responsive, a child learns to trust and feel safe in their environment, leading to a basic sense of trust. However, if caregivers are inconsistent or unresponsive, a child may develop a sense of mistrust, which can lead to anxiety, fear, and withdrawal.

Stage 2: Autonomy vs. Shame and Doubt (1 to 3 years)

In this stage, children learn to develop a sense of independence and self-control. They begin to assert their own will in various tasks, such as feeding, dressing, and playing. When caregivers allow and encourage children to explore and learn, they develop a sense of autonomy. However, if caregivers discourage or punish children for their attempts at independent behavior, children may develop a sense of shame and doubt, leading to feelings of inadequacy and self-doubt.

Stage 3: Initiative vs. Guilt (3 to 5 years)

During this stage, children become more assertive and take on more complex tasks, such as planning and executing activities. They also begin to develop a sense of morality and follow rules set by their parents and other authorities. If parents positively reinforce children's exploration and initiative, children develop a sense of competence and initiative. However, if parents are excessively strict or critical, children may develop a sense of guilt and shame, leading to self-doubt and fear of taking risks.

Stage 4: Industry vs. Inferiority (6 to 11 years)

In this stage, children are exposed to more structured and formal learning environments, such as school. They develop a sense of industry by completing tasks and receiving praise for their efforts. Children who receive positive feedback and opportunities to excel develop a sense of confidence and competence. However, children who feel inadequate or unsuccessful in their efforts may develop a sense of inferiority, feeling incompetent and unable to meet expectations.

Stage 5: Identity vs. Role Confusion (12 to 18 years)

During adolescence, individuals begin to develop a sense of their identities, exploring their personal values, beliefs, and goals. They often seek out peer groups that provide a sense of belonging and

support. Success in this stage leads to positive self-image and a clear sense of identity. However, failure to establish an identity or feeling lost and unfulfilled may lead to role confusion and self-doubt.

Stage 6: Intimacy vs. Isolation (19 to 40 years)

In this stage, individuals seek out meaningful relationships, both romantically and socially. They develop a deeper understanding of others and themselves, seeking to share their lives with others. Those who form successful relationships develop a sense of intimacy and commitment, while those who do not may feel isolated and withdrawn.

Stage 7: Generativity vs. Stagnation (40 to 65 years)

During middle adulthood, individuals seek to contribute to society and leave a positive impact on the world. They may accomplish this by raising children, mentoring others, or contributing to their communities. Those who contribute actively to society develop a sense of generativity, while those who do not may feel stagnant and unfulfilled.

Stage 8: Integrity vs. Despair (65 years and beyond)

In the final stage of life, individuals reflect on their lives and evaluate their accomplishments and failures. If they feel a sense of accomplishment and fulfillment, they develop a sense of integrity and acceptance of death. However, if they feel unhappy and regretful about their lives, they may experience a sense of despair and fear of death.

In conclusion, Erik Erikson's theory of psychosocial development provides a useful framework for understanding the major developmental milestones that individuals encounter throughout their lives. By understanding these stages, individuals and caregivers can develop strategies to promote healthy development, build resilience, and achieve success in their personal and professional lives.

The impact of Humanistic Approach on my life

The humanistic approach is a branch of psychology that emphasizes the importance of subjective experiences and personal growth. It focuses on the individual's inherent worth and capacity for self-determination, emphasizing the importance of personal responsibility for one's own happiness and well-being.

For many individuals, the humanistic approach has been life-changing, as it encourages them to embrace their own unique qualities and values, rather than conforming to societal expectations or external pressures. This approach has also helped individuals to develop a greater understanding and acceptance of their emotions, leading to increased self-awareness and emotional intelligence.

The humanistic approach has been instrumental in helping individuals achieve greater self-actualization. It encourages individuals to set and pursue their own goals and to identify and embrace their own strengths and weaknesses. By doing so, individuals can develop a sense of purpose and direction that is aligned with their personal values and beliefs.

Furthermore, the humanistic approach has been influential in promoting the importance of positive relationships in shaping an individual's mental health and well-being. It emphasizes the value of listening to and understanding others, and seeking to establish authentic connections with them.

In summary, the humanistic approach has had a profound impact on many individuals' lives, helping them to develop a greater sense of self-awareness, realize their full potential, and establish meaningful connections with others.

I was inspired by Carl Ransom Rogers an American psychologist.

The application of theories learnt in this module to my current or future job

As a health and social care professional, understanding psychological perspectives is essential to provide comprehensive care to individuals. There are several psychological perspectives that are taught under this module, including the cognitive, behavioral, humanistic, and psychodynamic perspectives, among others.

One way I could apply the cognitive perspective is to help individuals with negative thought patterns or cognitive distortions. This could involve techniques such as cognitive-behavioral therapy (CBT) to help identify and challenge negative beliefs and replace them with more positive and accurate ones. This approach can be applied to a range of mental health issues such as depression, anxiety, and PTSD, among others.

In terms of the behavioral perspective, I could apply it by using behavior modification techniques to help individuals change problematic behaviors. For example, I could work with individuals with addiction issues to identify their triggers and develop alternative coping strategies that can help them respond differently to those triggers.

The humanistic perspective is also important in providing health and social care. This perspective emphasizes the human capacity to grow and change and encourages individuals to take responsibility for their own growth and well-being. As a health and social care professional, I could apply this perspective by empowering individuals to take control of their health and well-being and providing them with the resources they need to make positive changes in their lives.

Conclusion

In conclusion, understanding and applying psychological perspectives is vital for health and social care professionals. The use of these perspectives can enable the professional to provide holistic care and support to individuals dealing with various health and social challenges.

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